

IYANW Update

Iyengar Yoga Association of the Northwest



Vol I, Issue I

www.dongura.com/iyannw

2005 IYANW Officers:

- Pat Musburger - President
- Felicity Green - Vice President
- Nadine Sims - Treasurer
- Paul Cheek - Secretary
- Nina Pileggi - Membership Chair
- Don Gura - Communications Chair
- Judy Landecker - Scholarship Chair



top row; Don Gura, Felicity Green, Nadine Sims, Nina Pileggi, bottom row; Paul Cheek, Pat Musburger,

A Note from The President: Rebirth of the IYANW

Sa tu dirghakala nairanturya satkara asevitah drdhabhumi (Sutra I, 14)
"Practice has to be prolonged, uninterrupted and filled with enthusiasm."
Yoga, the Art of Integration Rohit Mehta

Now let's apply Patanjali's sutra to establishing a Northwest Regional Iyengar Association—

In the summer of 1993, a group of yogis (primarily from the Seattle area) created the IYAN. Their hard work and determination kept the organization going until 1998. But sadly, politics along with the logistics and cost of maintaining a group over such a wide geographic area proved too difficult.

But the desire for community smoldered all through these years. So we have to admit that 1993 to 2005—12 years—qualifies as "**prolonged.**"

Iyengar yoga has grown significantly throughout the world and our region of it in the past few years—new teachers and students moving to the Northwest, new studios opening, more senior teachers visiting to inspire with workshops. But I would have to say that the convenience of the internet may be the major factor that helped reignite the organization. E-mail makes it so convenient to coordinate meetings and share ideas. So as we prepared for the 2004 Convention in St. Paul, we set-up a meeting that got things going (the good food and wine may have helped a little too). We definitely were "**filled with enthusiasm**".

The Iyengar Association of the North West was recently resurrected. The association is busy developing strategies to build membership, design member benefits, complete outreach to Iyengar studios, create and administer a scholarship program and many other activities. The board is excited about making this regional association work well for all members and participating studios.

We decided to add the "W" to our name so that everyone would know exactly who we represent. We sent out e-mails explaining what we wanted to do and students and teachers from our entire region responded and willingly gave their time to get things going.

A slate of interim officers was created and we held our first meeting in Portland, January 29th. By-laws were approved, plans made, and assignments given out. Our May meeting was done through e-mail to save the time and cost of travel for everyone. Our last meeting for 2005 will be in Estes Park in September. Everyone is invited to join us—details as soon as we get schedules for the conference.

Only time will tell if we sustain our efforts and enthusiasm in an "**uninterrupted**" manner. But I would like to thank the members of the board for their work and predict that we have a bright

Inside This Issue:

A Note from the President: Rebirth of the IYANW	1
Meet the New Board	2
Upcoming Northwest Workshops.....	3
Life Force, Prana, Chi - by Felicity Green	3
Join us in the Yoga Moment.....	4

continued on page 2

Festivities Boost Membership and Scholarship Fund

The Northwest Yoga and Meditation Festival, held in Seattle the end of April, brought together nearly 1,000 yogis of many different levels and persuasions. It also provided an opportunity for Iyengar students to gather and not only study with numerous senior teachers, but also connect with each other.

Felicity Green led two discussions, one on the assessment process and another on the sutras. A panel with Ingela Abbott, Julie Gudmestad, and Julie Lawrence shed light on integrating philosophy with asana and the value of using props. And John Schumacher did four days of classes covering observation and correction, sequencing, inversions, and backbends. The many Iyengar students in attendance benefited from these sessions and a number of students new to Gurujī's genius came away with a new appreciation of his contributions to yoga.

IYANW took advantage of the festival to gather together for good food and fellowship. Thirty people attended a benefit dinner at the home of Pat Musburger. We raised our spirits and \$300 to start our scholarship fund. The sense of community and commitment generated by the event forecast an exciting future for our organization.

As the scholarship committee and the board define and refine this new endeavor, we will keep you informed on details. If you have ideas or suggestions concerning the scholarship fund or wish to serve on the committee, please contact the Scholarship Chair, Judy Landecker. For donations, contact Pat Musburger.

The Northwest Yoga and Meditation Festival returns to Seattle in the Spring of 2006 and we hope to see many of you there. ■



Scholarship fundraiser dinner—Angela McKinlay, Katie Woo, Felicity Green, Ingela Abbott and Julie Lawrence

Note From President - from page 1

future. A special thanks must go to Carmen Viola, IYNAUS Board member and Washington resident, who has advised, cautioned, and encouraged us in so many areas. And of course, Felicity Green, whose knowledge and wisdom guided us, deserves special acknowledgement.

One thing all of us on the board have discovered is that progress in an organization like this can be very slow. (How many times have we said or heard similar remarks about yoga?). So if you have questions or concerns, let us know. We welcome your ideas and suggestions along with your skills and enthusiasm. E-mail us anytime.

I consider it an honor and a great responsibility to be on the IYANW Board. Thank you. ■

Pat



Carmen Viola, Pat Musburger and Don Gura - Seattle YogaFest

Meet the New Board

Pat Musburger - President

After living in Houston, Texas for 20 years, Pat moved to Seattle in 2003 with husband Robert, newly retired from the University of Houston. It was in Houston that Pat began yoga. Her horseback riding instructor, Laura Webster, a certified Iyengar teacher, suggested that yoga would help. She hasn't been on a horse in 6 years, but goes for Intermediate Jr. 1 assessment in September. Pat's greatest life challenge came in the form of breast cancer. As a survivor of 14 years, she credits yoga with getting her through it physically, mentally, and spiritually. The experience gave her an appreciation for both ahimsa and tapas and brought a new perspective to life. Currently she is the co-director of *Tree House Iyengar Yoga* in Shoreline, WA and teaches 8 to 10 classes a week. Her favorites are the beginning level and gentle yoga. After 20 years as a theatre teacher in public high schools, running a studio is like being retired.

Felicity Green - Vice President

Felicity Green trained as an Occupational Therapist and has been practicing Yoga since 1963 and teaching yoga since 1970. She met Gurujī in 1974 in California and has studied extensively with BKS Iyengar in India. She is certified at the Advanced Junior 1 level. Felicity was a founding member of the Iyengar Yoga Institute of San Francisco and was one of the original assessors on the west coast. Swami Radha in Canada has also contributed to her personal yoga and teaching style. Felicity teaches workshops internationally, offers teacher training and courses in women's, health, teaches weekly class on Lopez and provides residential study opportunities at her Lopez Island, WA retreat. She is interested in a broad approach to Yoga including the philosophical and therapeutic aspects. She has 4 sons and 6 grandchildren.

Nadine Sims - Treasurer

Nadine began her exploration of Iyengar Hatha yoga in 1992 while living in Bali, Indonesia and her passion for yoga has only grown since that time. She continues her studies today with Carolyn Belko of San Diego and Julie Lawrence of Portland. In October and November of 1998, then again most recently in October of 2001, she attended the Ramamani Iyengar Yoga Institute in Pune. In October of 2003, Nadine passed the Iyengar Teacher in Training (TT) certification assessment. Born and raised in Clarkston, Michigan, Nadine earned her B.A. at the University of Colorado. In 1995 she made a solo-backpacking journey through Europe, India, Nepal, Tibet, Burma, and Thailand. She lived and worked as an Export Manager in Bali, Indonesia for 8 years before moving to Bend.

Paul Cheek - Secretary

Paul Cheek is the owner and primary teacher at *Rushing Water Yoga* in Camas, WA. He has been studying and practicing yoga since 1990. Paul has completed a teacher-training course with Julie Lawrence, is currently attending a two-year teacher-training program at the Iyengar Yoga Institute of San Francisco, is an apprentice of Julie Lawrence in Portland and is currently studying for his Iyengar teacher-in-training assessment.

www.dongura.com/ianw

Nina Pileggi - Membership Chair

Nina has been practicing Iyengar Yoga for nine years and teaching for six. She is a certified Introductory teacher. Nina lives in Portland, Oregon with her husband and three sons and runs *Sunset Yoga Center*, located near Beaverton. Nina is also a credentialed actuary working in the retirement consulting business. She occasionally tries to play the guitar.

Don Gura - Communications Chair

Don started practicing Iyengar yoga in Chicago in 1992 and developed an interest in teaching in 1998 with Lois Steinberg as a mentor. Since then he has become certified at the introductory level. He came to study yoga after a life of rigorous competitive sports—as a result, he relates well to athletes and understands their unique needs. He has spent time in India studying with the Iyengars at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune. He hopes to become more involved in teaching yoga to at-risk youth. He currently teaches at a number of locations in the Boise area including his own home studio.

Judy Landecker - Scholarship Chair

Judy began studying Yoga in 1972 and taught in Chicago for twenty years before moving to Helena. She founded *Northern Lights Yoga* there 13 years ago. Her first classes with Gurujii were in Chicago in 1973. Her first trip to Pune was in 1979. She was recently certified at the Intermediate Junior II level. In addition to regularly scheduled classes at her studio, she teaches weekend workshops at the Feathered Pipe Ranch and other Yoga centers around Montana. In addition to studying with the Iyengars, she also studies every year with Manouso Manos and Lois Steinberg.



**Judy Landecker, Lois Steinberg
- Helena, MT workshop**

Life Force, Prana, Chi

reprinted from *Namaste News*, Spring 2005 - by Felicity Green, www.felicityyoga.com

These words were understood by cultures in the past. Unfortunately as they cannot be touched or scientifically proven, our modern day culture does not take them into consideration. They are describing the essence of life. Yoga has helped me to understand this. "Like the rays of the sun, which emanates in various directions, similarly, wherever yoga touches us, it conveys the essence of life."—B.K.S.Iyengar

In Yoga we usually start with an understanding of the external aspect of ourselves, the body. We learn to feel our bodies by doing Asanas and focusing our mind within. We begin to understand the imbalances with our physical selves, and learn to correct them. The physical manifestations are often a result of more subtle imbalances, and as we continue with our discipline we become aware of these deeper layers.

During practice our attention is directed to the breath. In human beings and other forms, the life force "prana," in Sanskrit, is connected to breath. We come alive with our first breath, and in the days before respirators we died with our last breath. Pranayama is the science of breathing consciously to enhance the prana within the body and this has many subtle affects. Our attention in Yoga is also directed towards our behavior in life, our attitudes towards ourselves and our way of relating to others and our environment. Mr. Iyengar recently wrote an article about the importance of maintaining the balance between the strength of the will, or spirit, and the strength of the physical body.

continued on page 4

Upcoming Northwest Workshops

Yoga Northwest – Bellingham, WA

www.yoganorthwest.com

Ingela Abbott "Gems from India"

Sept. 24, 10am-1pm/3:30 - 5:30pm

Dean Learner

Oct. 28 - 30

Community Yoga Circle – Seattle, WA

www.cycyoga.com

George Purvis

Oct. 21 - 23

The Center for Yoga of Seattle

www.yogaseattle.com

Chris Saudek

Oct. 7 - 9

Felicity Green's workshop schedule

One day summer workshops

Sunday, Aug. 28

Weekend at Sunset Yoga Center, Portland

Sept 9 - 11

contact: 503.626.6245 or www.sunsetyoga.com

Teacher Training – 6 weekends of teacher training based on the syllabi for the 1st two levels of Iyengar certification. The 2nd weekend of Oct., Nov., Dec., Jan., Feb., March. contact: Felicity at 360.468.3492 or fagreen@felicityyoga.com

Northern Lights Yoga - Helena, MT

Fall Yoga Weekend at the Feathered Pipe Ranch

Oct. 15 - 16

Report from the Estes Park Iyengar Yoga

Convention with Judy & Charles

Nov. 12

The Boise Yoga Center - Boise, ID

www.boiseyogacenter.com

Felicity Green

Nov. 4 - 6

Gail Ackerman

Jan. 13 - 15, 2006

Guatemala Retreat at Lake Atitlan

with Vickie and Jerry Aldridge

March 25 - April 1, 2006

Julie Lawrence Yoga Center - Portland, OR

www.jlyc.com

Mary Dunn

Nov. 18 - 20

John Schumacher

June 2 - 4, 2006



**John Schumacher observes Don Gura's
Virabhadrasana I - Seattle YogaFest**

Recently I had a breakdown of my health and realized that this was due to this imbalance within myself. I was imposing my will upon my older body, and it could not sustain such demand. Yoga like everything in existence has its two sides. A blessing in that it helps us to sustain and enhance the life force, but if misdirected, then of course we see the other side of the coin. This experience has made me re-evaluate my way of approaching life. It has helped me to develop a broader more compassionate view, and more mindfulness.

When we look at other holistic systems, such as Biodynamics and Acupuncture, to take two others, we realize that everything is related to, and affects, everything else. Biodynamics is concerned with the earth. It is the oldest form of farming or gardening. It goes beyond organic, involving a metaphysical element, so it is a very large picture of the connections of life force. Acupuncture deals with subtle energy, Chi, which flows in the body along meridian lines, connecting all the major organ systems. By the diagnosis and stimulation of acupuncture points, the chi is redirected and balanced.

Yoga is concerned with human beings, creating within ourselves physical mental and emotional connections, enhancing the prana in all aspects so that we can contribute to the larger whole more positively. It is our responsibility to ourselves and our world to realize that we are not an island, everything we do from deep inside, and externally has an effect. It is like dropping a pebble into water—the circles spread out from the center to infinity.

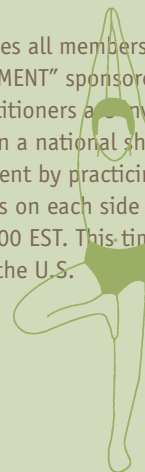
I wish for all of you a life of mindfulness and balance. ■

Blessings, Felicity



Join us in The Yoga Moment

IYANW urges all members to support the "YOGA MOMENT" sponsored by IYNAUS. All Yoga practitioners are invited to join together in a national shared Iyengar Yoga moment by practicing Vrksasana for 90 seconds on each side on September 18th at 3:00 EST. This time honors Guruji's arrival in the U.S.



"Learning can be acquired but wisdom has to be earned."

—BKS Iyengar

We'd Love To Hear From You

Membership:

iyanw@iynaus.org

Newsletter:

info@dongura.com

General Information:

pmusbarger@comcast.net

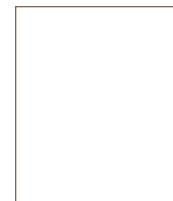


Iyengar Yoga Association

of the Northwest

2552 14th Ave W #402

Seattle WA 98119



"Yoga is a mirror, to look at ourselves from within."

—BKS Iyengar